

GOD PROVIDED FOR HIS PEOPLE

EXODUS 15-17



CHRIST CONNECTION: God took care of His people in the wilderness. All people need God. God gave us what we need the most: His Son, Jesus. Jesus died and rose from the dead to rescue us from our sins.

BIG PICTURE QUESTION: Why does sin keep us from God? Sin keeps us from God because He is holy.

KEY PASSAGE: The LORD hears, and rescues. Psalm 34:17

STORY POINT: God took care of His people.



PREPARE

PRIOR TO TEACHING THE SESSION

LEADER Bible Study

God's miraculous provision for His people revealed His steadfast compassion despite their continual grumbling. In today's passage, we read of God granting the Israelites far more than they deserved, heaping upon them more than they needed as they journeyed with Him to the Promised Land. Today, those who are in Christ receive undeserved grace and provision through His sacrificial love lavished upon us like manna in the wilderness.

What made the Israelites long for their old lives in Egypt? What does the Sabbath teach us about God's provision?

Though not far removed from the miraculous parting of the Red Sea, the Israelites grew desensitized to God's extraordinary power at work in their lives. Not only had He delivered them from slavery, but He kept His presence close, guiding them day and night as they journeyed through the wilderness. Now, after weeks of wandering, their grumbling grew louder. They would have rather died in Egypt than learn to depend on and trust God in a desolate place. They took for granted their freedom to worship God in the wilderness; they longed for their predictable lives in Egypt—forgetting the toils of slavery.

Despite what they deserved, God looked on them with compassion, causing bread to rain on them from heaven and for meat and water to become miraculously within reach. He called for His people to trust in His provision, only gathering what was necessary for the day. He desired them to thrive under obedience to Him. Just as God had fought their battle against Egypt, God called them to be still and rest in His provision. Rest requires the people of God to stop striving and simply trust and receive. God was helping His people learn this truth through the Sabbath.

Sadly, the Israelites turned a blind eye to God's faithfulness in fighting their battles and meeting their needs. We are also prone to overlook God's faithful provision in our own lives and perhaps even downplay the miraculous gift of salvation in Christ. Lead children to see the gift of God's undeserved grace and to hunger and thirst for His gift of salvation.



PREPARE

THE WEEK PRIOR

Prepare your heart to teach; plan the session



WELCOME

10–15 MINUTES

Greet preschoolers and open the session



LEARN

25–30 MINUTES

Teach preschoolers the story of the gospel



LOVE

Lead preschoolers to love the God of the gospel

30–40 MINUTES



LIVE

Lead preschoolers to live the mission of the gospel



BONUS

60–65 MINUTES

Teach preschoolers for an additional hour



PREPARE

PRIOR TO TEACHING THE SESSION

GATHER Supplies

Keep a supply of the following items available during all teaching sessions: Allergy Alert, Bibles, washable markers, crayons, scissors (adult use), blunt-tipped scissors, construction paper, copy paper, glue sticks, glue, tape, baby dolls, blocks, play dough, and a beanbag.



WELCOME

Read the secret message

- ☐ Big Picture Question Poster
- ☐ large shallow bin
- ☐ shredded paper or rice
- ☐ painter's tape
- ☐ plastic cups, 2
- ☐ plastic plates, 4



LIVE

Missions activity

- ☐ "Lottie Moon Photos" printable
- ☐ "Bao Buns" printable

Snack and Transition

- ☐ hand sanitizer (optional)
- ☐ "Circle the Foods You Like Best" activity page, 1 per child
- ☐ Big Picture Cards for Families



LEARN

Search for matching food items

- ☐ toy food items, 2 matching sets

Tell the Bible story

- ☐ "God Provided for His People" video (optional)

Review the Bible story

- ☐ Bible Story Picture Poster
- ☐ pitcher of water
- ☐ small plastic cups, 1 per child

Learn and practice the key passage phrase

- ☐ Key Passage Phrase Marker



BONUS

Say the key passage phrase

- ☐ Key Passage Phrase Marker
- ☐ plastic plate

Move to yes and no

- ☐ red paper
- ☐ green paper

Pretend to fix a meal

- ☐ toy food items
- ☐ toy or plastic dishes



LOVE

Serve water and sweet bread

- ☐ sweet bread rolls, 1 piece per child
- ☐ small plastic cups, 1 per child
- ☐ napkins, 1 per child
- ☐ pitcher of water

Decorate water bottles

- ☐ "God Cares for People" printable, several copies
- ☐ miniature plastic water bottles, 1 or 2 per child



WELCOME Preschoolers

Provide as many learning activities as possible from the Love and Live sections to give preschoolers choices to learn. Incorporate the Bible story, Christ Connection, story point, and key passage phrase in your conversations as the preschoolers engage in learning activities throughout the session.

Use the following activity to greet children as they enter the classroom. Talk about the big picture question and answer. After each child completes the welcome activity, encourage him to participate in the activities provided from the Love and Live sections of the leader guide.

READ THE SECRET MESSAGE

Post the Big Picture Question Poster above the large shallow bin filled with shredded paper or rice. Write God gave water on two strips of painter's tape and adhere to two plastic cups. Write God gave manna, and God gave meat on four additional strips of painter's tape. Adhere these four strips onto four different plastic plates. Hide the dishes in the tub of shredded paper or rice. Encourage the children to dig in the tub and find the dishes. Read the words and comment that the people were hungry and thirst. **GOD TOOK CARE OF HIS PEOPLE.**

SAY Hello! I'm so happy you are here today. There are dishes in our tub today. Can you find all six? When God's people were freed from Egypt, there was not enough food and water for everyone. Can you guess who helped them? God did! Let's read the words on these dishes to find out how **GOD TOOK CARE OF HIS PEOPLE.** God loves us and provided the way for us to be close to Him even though we have sinned. Our big picture question and answer says, Why does sin keep us from God? Sin keeps us from God because He is holy. God sent Jesus so we can be forgiven from our sins. We can believe Jesus died for us, and we can be forgiven.

Worship Songs
* Me and My House
* Light of the world

Transition from **WELCOME** to **LEARN**





LEARN

THE STORY OF THE GOSPEL

LEARN the Bible Story

1 SEARCH FOR MATCHING FOOD ITEMS

Prior to the session, hide one set of the toy food items around the room in plain sight. Keep the other set for demonstration. Hold up one of the food items and have preschoolers find and bring the matching item to you. Celebrate with preschoolers as they find all the matches.

SAY “ The past few sessions we have learned about God using Moses to free His people from the Pharaoh in Egypt. The people safely fled Pharaoh’s army, but they had a new problem. They didn’t have enough food. What food items did you find together today? [Allow responses.] Listen carefully to find out how God helped His hungry people. ”



2 TELL THE BIBLE STORY video

Open your Bible to Exodus 15–16. Tell the following Bible story using the provided storytelling points. You may choose to review the Bible story by showing the video.

GOD PROVIDED FOR HIS PEOPLE

SAY “ After God helped His people cross the Red Sea, He led them on a journey. God’s people walked in the wilderness. After three days, they were very thirsty. They found water, but it tasted bitter. So Moses asked God for help, and God showed him a special tree. When Moses put the tree in the water, the water tasted good!

Some time later, God’s people were unhappy again. They were hungry. They said, “Back in Egypt, we had lots of yummy food. But now we have nothing!”

Moses and his brother Aaron told the people, “Tonight, God will send meat for us to eat. In the morning, He will give us special bread to eat until you are full.”

That night, birds called quail came, and God’s people had meat to eat. In the morning, they found bread on the ground. They called the bread manna, and it was sweet like honey. God said they should only take enough for one day, and He gave them just what they needed every day. ”

Christ Connection: God took care of His people in the wilderness. All people need God. God gave us what we need the most: His Son, Jesus. Jesus died and rose from the dead to rescue us from our sins.



LEARN

THE STORY OF THE GOSPEL

3 REVIEW THE BIBLE STORY



Display the Bible Story Picture Poster. Gather small plastic cups and a pitcher of cool water. Ask questions about the story and pour a cup of water for each child who answers correctly. After preschoolers answer all the questions, give each child a cup of water. Thank the children for being good listeners. Talk about the Bible Story Picture Poster.

SAY 🗣️ Who helped the people cross the Red Sea? (God) When the people were thirsty and found water, what was wrong with it? (The water tasted bitter.) What did God tell Moses to do to the water? (God told Moses to throw the special tree into the water.) What did God send for the people to eat? (God sent the people manna from heaven.) Where did they find the manna? (The manna was on the ground.) Great! You are very good listeners! **GOD TOOK CARE OF HIS PEOPLE** in the wilderness, and God takes care of us. He sent Jesus to rescue us from our sins. 🙏

4 SING A SONG

Sing the song to the familiar tune of "Skip to My Lou":

Hear, hear, hear and rescue
Hear, hear, hear and rescue
Hear, hear, hear and rescue
The Lord hears and rescues

* "The Lord Hears" worship song

5 LEARN AND PRACTICE THE KEY PASSAGE PHRASE



Place the Key Passage Phrase Marker at Psalm 34:17. Invite a child to open your Bible to the key passage. Read the key passage phrase and ask the children how the people got food to eat. Encourage the children to pretend to pick up manna as they say the key passage phrase.

SAY 🗣️ God heard the people's prayers and provided meat and bread. The Bible tells us that 'The LORD hears and rescues.' Psalm 34:17. Let's pretend to pick up manna as we say the key passage phrase together. 🙏

6 PRAY

Pray, thanking God for taking care of us and providing what we need.

Transition from **LEARN** to **LOVE**





THE GOD OF THE GOSPEL

LOVE God because of what we learned

1 COLOR THINGS THAT GOD GIVES US



On a large piece of paper, draw items God provides us such as food, water, families, homes, nature, and so forth. Lay the paper on the floor. Encourage the children to name the things that God gives. As children name each item, use crayons to color the items on the paper.

SAY We know God cares for us. He gives us so many things we need. He helps us in many ways. Can you think of something God gives us? Yes, God gives us food. He made the plants that grow. Do you see those items on our paper? Let's pray and thank God for caring for us. God, we want to thank You for loving us and providing all we need! We heard in our Bible story how You cared for Your people, and we thank You for caring for us, too. Amen.

2 SERVE WATER AND SWEET BREAD



Post an Allergy Alert within easy view of parents. Cut sweet bread into small pieces. Gather napkins, small cups, and a pitcher of water. Let children help serve one another. Comment that the story tells us about God providing food and water for His people. Comment that the bread was sweet like honey and that God provided for the people's needs every day.

SAY At first, God's people were happy to be freed from Egypt and Pharaoh's army. Then, they realized they didn't have enough water. When they found water, it was bitter. God told Moses to put a certain tree in the water, and then it was good to drink. Then the people realized they didn't have enough food. God promised to send them meat and even bread. **GOD TOOK CARE OF HIS PEOPLE.**

3 DECORATE WATER BOTTLES

Before the session, print and cut apart the "God Cares for People" printable. Encourage the children to decorate one or two strips and help them tape the labels around water bottles. Let each child take home one or two water bottles to give to a friend. Remind children that **GOD TOOK CARE OF HIS PEOPLE.**

SAY God's people were happy to be safe from Pharaoh and his army, but they did not have enough food or water. The water they found tasted bitter. God showed Moses a special tree. When he put the tree in the water, the water tasted good. **GOD TOOK CARE OF HIS PEOPLE** in the wilderness. All people need to know God loves them. Let's share these water bottles with friends who need to hear this good news.

Transition from **LOVE** to **LIVE**





LIVE

THE STORY OF THE GOSPEL

LIVE for God out of love

1 PLAY OUT HUNGRY AND FULL



Encourage children to show how they would look if they were very hungry. Then ask them to show how they would look if they were full. Comment that God's people remembered that they had plenty of food in Egypt even though they had to work hard. Ask who provided food for them and encourage the children to name the foods God provided.

SAY “ The people were hungry, and God heard their prayers. Let’s say the key passage phrase and hold our stomachs as if we are very hungry. God provided meat and bread. The bread was called manna. Rub your stomach as if you are very full. Say the key passage phrase with me again. I am glad God hears us and knows what we need! ”

2 MISSIONS ACTIVITY



Before the session, print one copy of the “Lottie Moon Photos” and “Bao Buns” printables. Show the photo of the bao buns. Explain to preschoolers that bao (bow) is a Chinese treat that has existed for hundreds of years. It can be eaten with chopsticks or by hand and is often filled with pork, vegetables, potatoes, and other items. Distribute a clump of play dough to each preschooler. Suggest that she look at the photos and see if she can make a pretend bao bun with the play dough. As preschoolers work, show the Lottie Moon photos.

SAY “ These bao buns look delicious! Lottie wrote many letters to ask for prayer, money, and more missionaries for China so that more people could learn about Jesus and His love for them. Lottie convinced Christians to take a yearly mission offering to support missionaries around the world. The offering is named after her—the Lottie Moon Christmas Offering for International Missions. [Lead a prayer.] ”

3 SNACK AND TRANSITION



Post an Allergy Alert. Serve the snack. As children eat, review and talk about the Bible story. When children finish their snack, lead them to complete the activity page. As they work, continue talking about the Bible story and emphasize the Christ Connection.

SAY “ God took care of His people in the wilderness. All people need God. God gave us what we need the most: His Son, Jesus. Jesus died and rose from the dead to rescue us from our sins. ”

Remember to communicate helpful information to the bonus teaching hour leaders. If parents are picking up children at this time, tell them something their child did well during the session. Distribute Big Picture Cards for Families. Encourage parents to engage with the family discussion starters and family activities during the week.



BONUS Teaching Hour Group Time

1 TELL FAVORITE FOODS



Welcome the children to group time. Go around the room letting each child tell you her favorite foods. Comment that God's people were in the wilderness and they didn't have their favorite foods. Remind the children that God's people didn't have enough food. They were hungry! Encourage the children to listen to find out what happened.

2 TALK ABOUT THE BIBLE STORY

Open the Bible to Exodus 15–16. Use the summarized points below to talk about the Bible story:

GOD PROVIDED FOR HIS PEOPLE

- God led His people on a journey in the wilderness.
- God's people were thirsty. They found water, but it tasted bitter. God showed Moses a tree. Moses put the tree in the water, and the water tasted good!
- When God's people got hungry, they grumbled and complained. God sent quail to give the people meat to eat. He gave them sweet bread to eat, called manna. God took care of His people.
- God takes care of us, too. One thing we need is forgiveness. God sent Jesus to rescue us from our sins.

3 SING A SONG

Sing the song below to the tune of "Skip to My Lou":

Hear, hear, hear and rescue
Hear, hear, hear and rescue
Hear, hear, hear and rescue
The Lord hears and rescues

4 SAY THE KEY PASSAGE PHRASE

Place the Key Passage Phrase Marker at Psalm 34:17. Invite a child to open your Bible to the key passage. Hold up an empty plastic plate as you talk about God's people being hungry. Pass the empty plate around the group as you say the key passage phrase several times.

5 PRAY

Pray, thanking God for food to grow our bodies and make us strong.



BONUS Teaching Hour Activities

6 MOVE TO YES AND NO

Write YES on a green piece of paper and NO on a red piece of paper. Place them on opposite sides of the room. Name a food and encourage the children to move the sign that correctly answers whether or not they like it. (chicken, fish, broccoli, apples, mashed potatoes, blueberries, ice cream, yogurt, etc.)

SAY “Everyone needs to eat! Our bodies need food to live. When God’s people didn’t have enough food, they were worried. They grumbled about being hungry and thirsty and remembered the food they had back in Egypt. Did they really want to go back where the Pharaoh was so mean to them? No, but they didn’t know where to get food! There wasn’t anywhere nearby to get food. They grumbled and complained. Do we complain sometimes? Yes! We can trust that God is taking care of us. Moses and Aaron told the people that God would provide everything they needed.”

7 PRETEND TO FIX A MEAL

Gather toy dishes and toy food. Give each child a piece of construction paper and markers or crayons to create their own placemats. Encourage the children to prepare “meals” and to serve one another. Comment we all need food to live and to grow.

SAY “You’ve created beautiful placemats. Mmm ... that looks like a good meal! You all are good cooks. **GOD TOOK CARE OF HIS PEOPLE** in the wilderness. He gave them bread to eat each morning. God loves us and gives us what we need.”

8 PICK UP MANNA

Before the session, cut pieces of white paper into small squares. Toss the squares in the floor in one area of the room. Give each child a paper cup and encourage them to pick up the “manna” and fill their cup. If the children enjoy picking up the manna, encourage them to pretend to sleep and then scatter it again.

SAY “God sent food for His people. They found the bread on the ground and called it manna. It was sweet like honey. Did you know if they tried to get too much, it would get wormy and stinky? The people needed to obey God and do what He said. God said to take only as much as He said to and trust that he would provide more.”

Release preschoolers to parents according to your church’s security procedure. Tell them something that their child enjoyed doing or did well during the session.